

EXECUTIVE SUMMARY

The Montana Behavioral Risk Factor Surveillance System (BRFSS) has been collecting and reporting health and health-risk behavior data since 1984. This statewide telephone survey of Montana adults is the only source of state-specific, population-based estimates of the prevalence of various health and health risk behaviors. The Montana Department of Public Health and Human Services (DPHHS) coordinates the telephone survey under a cooperative agreement with the Centers for Disease Control and Prevention (CDC).

The purpose of this survey of Montana residents aged 18 and older is to gather information regarding personal health risk behaviors, selected medical conditions, and the prevalence of preventive health care practices among Montana adults. These composite results are used by public health agencies, academic institutions, non-profit organizations, and others to develop programs to promote the health of Montana adults and reduce the risks that contribute to the leading causes of death in the state.

This report summarizes the results of the 2004 Montana BRFSS survey. These results indicate that Montana has achieved a number of national Healthy People 2010 Objectives (see Appendix A for a summary of Montana's status relative to selected objectives.)

Key Findings for 2004:

No Health Insurance: Nineteen percent of adult Montanans reported that they had no health insurance.

Visited a Dentist in the Past Year: About two-thirds (66%) of adult Montanans reported that they had visited a dentist in the past 12 months.

General Health Status: Almost 13 percent of Montana adults described their general health as fair or poor in 2004.

Diabetes: Six percent of Montana adults reported that they had diabetes in 2004.

Asthma: Thirteen percent of Montana adults indicated a physician had told them at some time in their lives that they had asthma.

Disability status: Almost 20 percent of adult Montanans reported a disability in 2004.

Overweight: More than half (57%) of Montana adults were overweight (BMI* ≥ 25) according to the standard for overweight established by the National Heart, Lung, and Blood Institute (1998).

No Leisure-Time Physical Activity: In 2004, about one-fifth (19%) of Montana adults reported they did not participate in any leisure-time physical activities.

Tobacco Use: One in five adult Montanans (20%) reported they were current cigarette smokers and 7 percent, mainly men, used smokeless tobacco. Fifty-two percent of cigarette smokers aged 18 or older stopped smoking cigarettes for at least one day in 2004.

* Body Mass Index (BMI) is used to indicate overweight. BMI is a ratio of weight to height (kg/m^2).

Binge Drinking: In 2004, 17 percent of Montana adults engaged in an episode of binge drinking, defined as consuming five or more alcoholic drinks during one occasion in the past 30 days.

Immunization: Seventy-two percent of Montanans aged 65 and older had a flu vaccination in the past year and almost 72 percent of Montanans aged 65 and older had ever had a pneumonia vaccination.

Breast Cancer Screening: Seventy-two percent of women aged 40 and older reported having had a mammogram within the past two years.

Cervical Cancer Screening: Eighty-six percent of Montana women (aged 18 and older) reported that they had a Pap test within the past three years.

Prostate Cancer Screening: In 2004, fifty-four percent of Montana men aged 40 and older reported that they had a prostate-specific antigen (PSA) blood test screening within the past two years.

Colorectal Cancer Screening: Almost 53 percent of Montana adults aged 50 and older reported ever having had a sigmoidoscopy or colonoscopy to view the colon for signs of cancer or other health problems.